

# **PRAYER OF PERSONAL REMINISCENCES**

(Summarized and adapted from D. W. Hassel, S. J. "Prayer of Personal Reminiscences"  
Review for Religious . No 36 (1977) p. 213 by P. Ribes, s.j.)

## **What the Prayer of Personal Reminiscences is?**

- ✓ *This way or method of prayer is inspired in St. Augustine's Confession, a classic in Christian spirituality. St. Augustine's prayerful and loving outbursts recorded in his Confessions arise out gratitude to God. As Augustine remembered and relived God's dealings with him, he experienced deep healing for all his past sins, resentments and painful memories.*
- ✓ *This method of prayer is a prayerful recall and an intimate reliving in the presence of the Lord of past memories, pleasant and unpleasant, holy and unholy which even now consciously or unconsciously influence our present life.*
- ✓ *In sharing our memories with Jesus we come closer to the Lord and grow in intimacy with Him.*
- ✓ *Prayer of personal Reminisce makes Jesus present in our daily life, actions, feelings and decisions.*
- ✓ *PPR can be used in our daily personal prayers, at recollection days, retreats and in any other prayer events.*

## **INSRCTIONS**

- Quiet your mind. Breathing exercises may help.
- Place yourself in the presence of God.
- Ask The Holy Spirit to lift up into your consciousness any memory He considers important at this moment for you. Wait for few minutes:
- Don't hurry through this exercise, slowly and intentionally try re-live your reminiscences activating both your memory and emotions.
- Stay with one memory as long as your feelings are alive within you.
- Only when satisfied, move on to a second memory.
- If while sharing a memory with the Lord, you feel the urge to thank Him or praise Him or ask for pardon or petition Him, express it in any way meaningful to you; with words, in tears, postures, gesture or even laughter. Feel free an uninhibited to do so.

## **PROCEDURE**

**When memories emerge, follow the four stages mentioned below**

### **1<sup>ST</sup> Stage:**

In the first stage, consider **memories of good things others have done to you**. It will strengthen your confidence and confirm you of your personal goodness and help you grow in love for others.

## 2<sup>ND</sup> Stage

In the **second stage**, consider **memories of good things you did to others**. It is not easy, at times, to accept the good we did or do.

## 3<sup>RD</sup> Stage:

In the third stage, consider the **wrongs done to you by others**. It's not easy to own up the scars and resentments still present in our hearts caused by others, especially by those whom we love. It is very important that we accept those who offended us in the past and still love them as Christ commanded us. Do not analyze things and search for reasons. Jesus will do the healing.

## 4<sup>TH</sup> Stage.

In the fourth stage own up the fact that, intentionally or not, in the past, you too have wronged others, even your dearest ones. Be sorry for it, and strive to love them all the more.

## APPENDIX:

**If no memories or reminiscences easily surface in your mind, fantazize as vividly as you can, in the way suggested below:**

1. Enter the house where you lived longest as a child. Make yourself present there **Walk** through the rooms, **see** the people who lived there, the old furniture, the pictures on the walls, **hear** the old noises, **smell** the old familiar scents, **touch** the objects therein, **taste** your old favorite foods and flavors, etc. If no memory comes,
2. Do the same with the School and College you attended. If not,
3. Leisurely, remember the places where you worked, your old colleagues, your bosses, the type of work you did, etc.,. If not,
4. Recall the time, the place where you first met some of your closest friends, recall the best and the worst times together. .If not,
5. Bring to mind some of the persons you loved or disliked most, If not,
6. Recall some of the greatest joys or disappointments of your life.
7. When a powerful recollection or memory comes to your mind, follow the procedure mentioned above.

## Closure:

- End your prayer by reciting “The Our Father” and “The Glory Be”
- Recite or singing an appropriate him.
- Close the even by signing yourself with “The Sign of the Cross”